

ABSTRACT OF THE DISCLOSURE

A device and method are provided for encouraging or ensuring proper posture of a golfer during a golf swing. In certain embodiments, the device may be in the form of a brace comprising a strap that fits around the body to resist or prevent excessive bending of the spine, or “hunching over,” during the golf swing. The brace may have a single, continuous strap that winds around the body, forming a crossing pattern across the spine and passing over both shoulders, with the ends of the strap meeting in the front of the body. The ends of the strap may be suitably joined, for example by a buckle, to allow adjustment. The brace may be an integral part of a garment, which may have an outer shell and inner lining.